

The Portland Resource

Aging and Disability
Resource Center of
Fond du Lac County

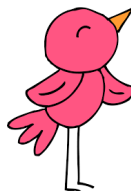
**SPRING
2020**



Happy Early Spring! In this edition, you will find helpful information for the months of March, April, and May.

You can get a copy of The Portland Resource by

- Requesting your name be added to the mailing list (either by email or mail) by calling (920) 929-3466 or emailing adrc@fdlco.wi.gov
- Going to the ADRC website
- Picking up a copy at the ADRC- 50 N Portland Street Fond du Lac WI



**Any feedback or questions, please
contact Jackie at (920) 929-7506.**

Contact Us

...

The Aging & Disability
Resource Center of
Fond du Lac County is
located at

**50 N. Portland
Street
Fond du Lac, WI
54935**

Office Hours:
Monday-Friday
8:00 am- 4:30 pm
(920) 929-3466
www.fdlco.wi.gov/adrc

**Walk-Ins
Welcome!**

fond du lac county caregiver conference

the more you know:
a day of education and
support for those who care

family caregivers
welcomed



professional caregivers
welcomed

SAVE THE DATE

2020 Caregiver Conference

September 24, 2020

Watch upcoming newsletters for
more information!

alzheimer's  association®



Dementia Care Network
of Fond du Lac County

Spring Word Scramble

Instructions: Unscramble the letters to find the Spring words from the list below.

u c d y o l

m t e s

t w h a

s a e p t l

g a r s s

r s o c p

n d w i y

a h h t c

r w o s h e

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petals
hatch
grass
crops
cloudy
shower
stem
thaw
windy

Word List

Source: https://www.bigactivities.com/word_scrambles/spring/medium/spring1.php

How to Pay For Long-term Care

Article submitted by UW-Extension Shelley Tidemann

Many older adults and caregivers worry about the cost of medical care. These expenses can use up a significant part of monthly income, even for families who thought they had saved enough. So, how do you pay for long-term care? Payment sources may include:

Personal funds— Much home-based care is paid for using personal funds ("out of pocket"). Initially, family and friends often provide personal care and other services, such as transportation, for free. But as a person's needs increase, paid services may be needed.

Many older adults also pay out-of-pocket to participate in adult day service programs, meals, and other community-based services provided by local governments and nonprofit groups.

Government programs— Several federal and state programs provide help with healthcare-related costs. These programs include Medicare, Medicaid, Program of All-Inclusive Care for the Elderly (PACE), State Health Insurance Assistance Programs, and the Department of Veterans Affairs.

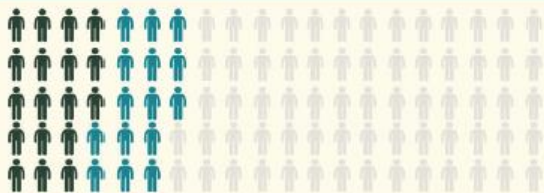
Private financing— Private payment options may include long-term care insurance, reverse mortgages, certain life insurance policies, annuities, and trusts. Which option is best for a person depends on many factors, including the person's age, health status, personal finances, and risk of needing care.

[Learn more about these payment sources](#) including what the government programs cover, details about private financing options, and ways to find out what benefits may help you and your family.

https://www.nia.nih.gov/health/paying-care?utm_source=NIA+Main&utm_campaign=6d2c6c4fd8-20190610_NIApayingforcare&utm_medium=email&utm_term=0_ffe42fdac3-6d2c6c4fd8-7369029

Information source- Healthy Aging Highlights from the National Institute on Aging at US Dept. of Health and Human Services 6.11.19

Caregiving in Wisconsin



Care Providers

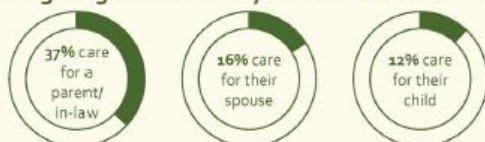
Average age = 51
55% are female
45% are male
62% of caregivers are employed



Care Recipients

Average age = 68
62% are female
38% are male
10% have dementia or Alzheimer's
7% have cancer

Caregiving Crosses Many Different Relationships



Care Recipients Have a Variety of Needs

- Help caring for home
- Transportation
- Help with self care (e.g. eating, bathing)
- Help relieving anxiety/depression
- Help with mobility

Caregiving is Time Consuming



The average caregiver spends 20 hours/week on caring

15% spend 40 hours/week or more providing care

33% have been providing care for 5 years or more

Caregivers provide \$7 billion worth of unpaid labor yearly

Caregivers Experience Both

Benefits

Sense of purpose in life

Better relationship with care recipient

Feelings of joy/gratitude

Gaining practical skills

Increased self-esteem

AND

Difficulties

Not enough time for family

Not enough time for self

Creates stress

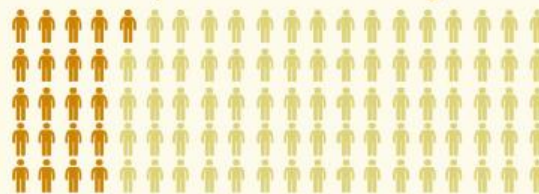
Financial burden

Affects family relationships

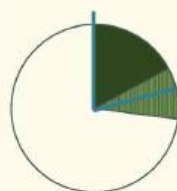


Caregiving in Fond du Lac

21% of residents in Fond du Lac County are informal caregivers



Older adults are likely to need care as they age



In 2015, 17% of Fond du Lac County residents were aged 65 or older.

In 2040, 27% of Fond du Lac County residents will be aged 65 or older.

In Fond du Lac County
28% of older adults (65+)
live alone



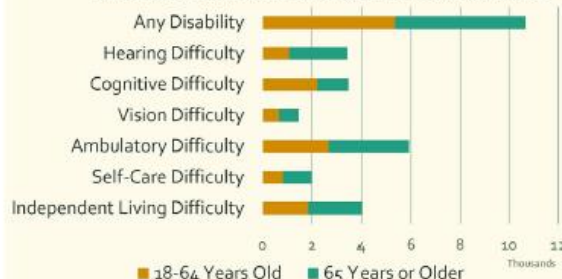
Every year, there are 143 fall fatalities per 100,000 Fond du Lac County residents 65+

People of all ages may require care, especially if they have a chronic illness or disability

8.6% of Fond du Lac County residents aged 18-64 have a disability

33.6% of Fond du Lac County residents aged 65+ have a disability

Number of Fond du Lac County Adults with Disabilities



Rent Smart

2020

Rent Smart

*Provides practical information
to help people find and keep
a decent place to live.*

Program Overview: Rent Smart emphasizes skills that may help tenants avoid legal confrontations. It stresses both tenant and landlord responsibilities and the advantages gained from viewing the landlord-tenant relationship as mutually beneficial rather than confrontational.

Target Audience

Rent Smart is designed to help those individuals who have little to no rental experience and those who have had difficulty obtaining rental housing. Participants may be first time renters, as they graduate from school, or homeowners, transitioning to renting, individuals with poor rental or credit history, or individual who have other issues that may cause potential landlords to perceive them as high-risk tenants



The Rent Smart Curriculum was developed by staff from the University of Wisconsin-Extension in consultation with the Wisconsin Apartment Association, the Wisconsin Trade and Consumer Protection Division, the Tenant Resource Center, the Apartment Association of Southeast Wisconsin, and other housing and tenant support groups.

2020 Class Schedule

*Each month's class consists of 2 sessions.
Participants **must** attend both sessions to
receive the Rent Smart certificate.*

Registration is required.

Call Extension Fond du Lac County
at (920) 929-3171 to register.

January 14 & 16 1:00 - 3:30 p.m.
at the FDL Public Library*

February 25 & 27 1:00 - 3:30 p.m.
at the FDL Public Library (In McLane
Meeting Room)

March 17 & 19 9:30 - 12:00 p.m.
at the FDL Public Library*

May 26 & 28 1:00 - 3:30 p.m.
at the FDL Public Library (In McLane
Meeting Room)

July 14 & 16 5:30 - 7:45 p.m.
at the FDL Public Library*

September 8 & 10 5:30 - 7:45 p.m.
at the FDL Public Library*

November 17 & 19 1:00 - 3:30 p.m.
at the FDL Public Library*

Recipe Corner

One-Pan Chicken & Asparagus Bake

- ☐ 2 (8 ounce) boneless, skinless chicken breasts, cut in half crosswise
- ☐ 12 ounces baby Yukon Gold potatoes, halved lengthwise
- ☐ 8 ounces carrots, diagonally sliced into 1-inch pieces
- ☐ 3 tablespoons extra-virgin olive oil, divided
- ☐ 2 teaspoons ground coriander, divided
- ☐ $\frac{3}{4}$ teaspoon salt, divided
- ☐ $\frac{1}{2}$ teaspoon ground pepper, divided
- ☐ 2 tablespoons lemon juice
- ☐ 2 tablespoons chopped shallot
- ☐ 1 tablespoon whole-grain Dijon mustard
- ☐ 2 teaspoons honey
- ☐ 1 pound fresh asparagus, trimmed
- ☐ 2 tablespoons chopped fresh flat-leaf parsley
- ☐ 1 tablespoon chopped fresh dill
- ☐ Lemon wedges

- ☐ Preheat oven to 375 degrees F. Place chicken on a clean work surface and cover with plastic wrap. Using a meat mallet, pound the chicken pieces to an even 1/2-inch thickness. Arrange on one half of a large rimmed baking sheet. Arrange potatoes and carrots in a single layer on the other half of the pan. Drizzle the chicken and vegetables with 1 tablespoon oil; sprinkle with 1 teaspoon coriander, 1/2 teaspoon salt and 1/4 teaspoon pepper. Bake for 15 minutes.
- ☐ Meanwhile, whisk lemon juice, shallot, mustard, honey and the remaining 2 tablespoons oil, 1 teaspoon coriander, 1/4 teaspoon salt and 1/4 teaspoon pepper in a small bowl.
- ☐ Remove the pan from the oven; switch the oven to broil. Stir the potato-carrot mixture; arrange asparagus in the center of the pan. Spoon the lemon juice-shallot mixture evenly over the chicken and vegetables. Broil until the chicken and vegetables are lightly browned, asparagus is tender-crisp and a thermometer inserted in the thickest portion of the chicken registers 165 degrees F, about 10 minutes. Remove from oven; sprinkle evenly with parsley and dill. Serve with lemon wedges.

Nutrition Facts

Serving Size: 1 Piece Chicken, 3/4 Cup Potato-Carrot Mixture & 6 Asparagus Spears Each Per Serving: 352 calories; 13.8 g total fat; 2.3 g saturated fat; 63 mg cholesterol; 599 mg sodium. 910 mg potassium; 30.7 g carbohydrates; 5.7 g fiber; 8 g sugar; 27.6 g protein; 10781 IU vitamin A; 23 mg vitamin C; 184 mcg folate; 72 mg calcium; 2 mg iron; 62 mg magnesium; 3 g added sugar; Exchanges: 3 Lean Protein, 2 Fat, 1 1/2 Vegetable, 1 Starch

Source: <http://www.eatingwell.com/recipe/278009/one-pan-chicken-asparagus-bake>

Support for Caregivers

Fond du Lac County

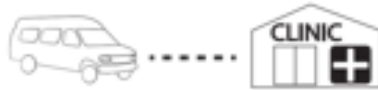
Are you caring for an adult family member, friend or neighbor? Caregivers need support too.

Support Options:

See if your loved one qualifies for a Medicaid Long-Term Care Program

Long-term Care may pay for:

- Help with daily living tasks
- Respite care
- Safety changes in the home
- Transportation
- Adult day care
- Assisted living
- Care management
- Nursing home



The person you care for must:

- Need help with at least 3 daily living tasks, such as personal care, making meals, or taking medication.
- Have a diagnosed disability, health condition, or **cognitive impairment** - This means it's hard to learn new things, concentrate, or make everyday decisions

To apply: Call the ADRC (Aging and Disability Resource Center) at **1-888-435-7335** and ask if you qualify



What is respite care?

When someone else watches your loved one to give you a short break. This support gives you time to refresh, relax or run errands.

Get help to manage care:

Call the ADRC at
1-888-435-7335



Caring for a veteran?

The VA has a caregiver program for enrolled veterans.



Call 1-920-929-3117 and ask for the Caregiver Coordinator.

Some jobs offer support

Call your Human Resources department and ask about support for caregivers.

Local Resources:

Call the ADRC to find local help near you.

Phone: **1-888-435-7335**



They can also help you find grants for your specific condition. Turn the page to learn about 3 state grant programs to help you pay for care.



Extension
UNIVERSITY OF WISCONSIN-MADISON

covering
Wisconsin
Co t t Care, Engage in Health

There are 3 grant programs to help pay for this type of care:

- Respite care
- Adult day care
- Help with daily living tasks
- Caregiver help for stress and depression
- Other supplies or activities to support the caregiver
- Safety changes in the home

Ask the ADRC if there are grants for your specific condition.

1. National Family Caregiver Support Program (NFCSP)

Up to \$500 each year for services and support.

To qualify, you care for someone who:

- Needs help with 2 or more daily living tasks
- Or has **cognitive impairments** - hard to learn new things, concentrate, or make everyday decisions

The person you care for is one of these:

- Aged 60+
- Has Alzheimer's or dementia
- Is a disabled adult, and you are age 55+
- Is a child under 18, and you are age 55+

How to apply: Contact Fond du Lac County Senior Services at: **1-920-906-4792**

2. Wisconsin Alzheimer's Family and Caregiver Support Program (AFCSP)

Up to \$4,000 each year for services and support to care for an adult who has dementia or Alzheimer's.

To qualify, you care for someone who:

- Has dementia or Alzheimer's and lives in a home setting
- Has an income of \$48,000 or less a year (loved one and spouse) after taxes. You can also subtract the costs related to care



How to apply: Contact Fond du Lac County Senior Services at: **1-920-906-4792**

3. Caregiver Respite Grant Program

For family caregivers who need respite care for their loved one and can't get other support.

To qualify, you care for a child or adult who:

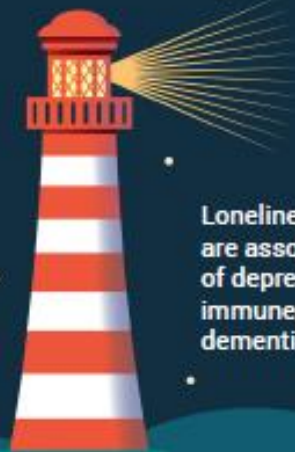
- Has applied for other grants or Long-Term Care and was denied, or won't get services for 30 days
- Needs help with 2 or more daily activities
- Or has **cognitive impairments** -hard to learn new things, concentrate, or make everyday decisions

How to apply: Call the Respite Care Association of Wisconsin at **1-608-222-2033**

This project is supported by the Meta Schroeder Beckner Endowment

STAY CONNECTED

to Combat Loneliness
and Social Isolation



Feeling lonely and being isolated are bad for your health.

Loneliness and social isolation are associated with higher rates of depression, a weakened immune system, heart disease, dementia, and early death.*

Are you at risk?



Try to stay active and better connected if you:

- live alone or can't leave your home
- feel alone or disconnected from others
- recently had a major loss or change
- are a caregiver
- lack a sense of purpose

Ideas for staying connected

Find an activity that you enjoy or learn something new. You might have fun and meet people with similar interests.



Get moving! Exercise decreases stress, boosts your mood, and increases your energy.

Volunteer. You'll feel better by helping others.



Stay in touch with family, friends, and neighbors in person, online, or by phone.

Consider adopting a pet. Animals can be a source of comfort and may also lower stress and blood pressure.



For more information about preventing loneliness and social isolation, visit <https://www.nia.nih.gov/health/participating-activities-you-enjoy>.



*Cacioppo JT, Hawkley LC. Perceived social isolation and cognition. *Trends Cogn Sci*. 2009;13(10):447-54.



PMD Alliance
Parkinson & Movement Disorder Alliance

Renew!® Retreat

A unique event featuring two concurrent program tracks.



PEWAUKEE • WISCONSIN

MARCH 27, 2020

In Partnership with



**WISCONSIN
PARKINSON
ASSOCIATION**

Make new leaps. Solidify your personal care team. Experience a one-of-a-kind workshop designed with two simultaneous tracks. The PMD Alliance Renew! Retreat® provides breakthrough spaces for education about living with Parkinson's and opportunities to network with others sharing your experience.

FOR THE CARE PARTNER, FRIEND, or FAMILY MEMBER

Reframing Happiness
Resilience in Action
Bed, Bathroom, & Beyond
Navigating the Journey MDS Physician Talk
Communication: Techniques and Tactics

FOR THE PERSON WITH A MOVEMENT DISORDER

Movement is Medicine
Ask the PT: Everyday Tips & Practical Hacks
When Sleep Becomes Madness
Navigating the Journey MDS Physician Talk
Evidence-based Wellness Practices

9:00 AM Registration & Exhibits
10:00 AM - 3:00 PM Retreat

The Ingleside Hotel
2810 Golf Road
Pewaukee, WI 53072

Free, all are welcome!
Register at PMDAlliance.org
Registration Required

(800) 256-0966 info@pmdalliance.org www.pmdalliance.org

Thank You To Our Partners:



PMD Alliance is an independent 501(c)(3) nonprofit organization dedicated to enhancing the everyday lives of people affected by Parkinson's and other movement disorders.

Wisconsin Parkinson Association is an independent 501(c)(3) nonprofit organization providing hope, community, support, and resources for people with Parkinson's and their loved ones.

ADRC of Fond du Lac County (920) 929-3466 50 N. Portland St. Fond du Lac, WI



National Family Caregiver Support Program (NFCSP)

Support for Grandparents and Other Relatives Raising Children



Relatives As Parents Program (RAPP)

NFCSP provides information, support and other resources to help grandparents and other older relatives who have taken on the responsibility of surrogate parenting due to the absence of the parents.

WHAT CAN THE PROGRAM PROVIDE?

Limited short-term respite, services and items that help provide care including:

- Child care
- Extra-curricular school activity fees and supplies
- Tutoring or educational aids
- Summer camps
- Transportation
- Home modifications to create a safe environment
- Equipment and supplies necessary to care for the child
- Adaptive equipment or assistive technology for the caregiver such as raised toilet seat, grab
- Legal expenses related to guardianship or custody
- Individualized services as approved that assist the relative in caring for the child

WHO IS ELIGIBLE?

The following criteria must be met to qualify:

- Must be a grandparent or other relative of the child
- Must be age 55 or older
- Must be the primary caregiver of the child
- Child must be under 19 years of age
- Must live with the child



HOW DO I APPLY?

There are no fees or income requirements to enroll in this program. Contact Lori, Fond du Lac County Senior Services at 920-906-4792 for more information. Not in Fond du Lac County? Find your local County office by visiting www.wisconsin caregiver.org

TIPS FOR DIFFUSING FAMILY CONFLICT

Providing care for a loved one through a debilitating illness or at life's end can create stress on individuals and families alike. Each family member has his/her own response to the difficult situation and will have varying levels of commitment to help. Each person handles stress, grief and change in their own way and will also have different ideas of what is best for the loved one needing care. Good communication and a commitment to making the caregiving plan work are essential in keeping families strong through a difficult time. Disagreements are sure to arise but the key to success is to diffuse the conflict before feelings are hurt and long-lasting damage is done. Here are some tips that will help you avoid conflict and make your caregiving journey less stressful and more successful.

- Be honest. Say that you are feeling stressed, overwhelmed, scared, sad, etc. Then work together to diminish these feelings.
- Use "I" statements to avoid blaming others.
- Value everyone's ideas and opinions. Don't judge. There is not just one right way to provide care for someone. "Learn something from someone with whom you disagree."
- Consider counseling. Caring for a loved one is stressful for even the healthiest families. Attend a support group with family members or seek private counseling if you fear relationships are about to be torn apart.
- Share responsibility. When everyone has a task or responsibility (however small) a sense of teamwork is shared.
- When times get tough, remind each other that it is the disease that has caused the challenge. Blame the disease, not the person with the disease (or each other) for hard times.
- Step back and look at the larger picture. Sometimes we get hung up on a certain issue and lose sight of the more important goal (like happiness, safety and/or independence).
- If you are the main caregiver, get some respite! Taking a break from your daily duties can boost your spirits and in turn help you be a better communicator.
- LISTEN! Be an active listener by focusing on what is being said, including body language, without interrupting. We often miss much of what someone is saying because we are busy thinking about what we will say next. Or we "tune out" what is being said because we think we've already heard it.
- Never assume anything. When doling out tasks, be specific and clear to avoid misunderstandings. Write down tasks so everyone is clear about expectations.
- Find a good time to communicate. If you need to talk to someone don't do it while they're in the middle of something else. Always ask, "Is this a good time?" before diving in with a heavy topic.
- Steer away from emotions. If something you've said has sparked strong emotions in someone (anger, tears, sarcasm), apologize and try again at a different time and in another way. If you are becoming emotional, ask to talk about it later after you've calmed down.
- Schedule regular family meetings, either in person, over the phone or by e-mail so everyone is kept updated on how things are going.

If you need help in your caregiving role, contact Lori, Fond du Lac County Senior Services at **920-906-4792**.

Article written by Jane Mahoney, Greater Wisconsin Agency on Aging



Join us in
Fond du Lac

Wisconsin Parkinson Association presents:
Parkinson's Movement & Music

4th Tuesday of the month | 3:30-4:30pm

Instructor Kate Mann will lead this FREE class including chair and standing movements to music for group fitness and fun.

Come alone or bring your care partner to participate with you!
Guest instructor Barb Wesson will lead class in February.

JAN	FEB	MAR	APRIL	MAY	JUNE
28	25	24	28	26	23

Questions? Contact Laurie Couillard at 414-386-2305.

Classes held at:
Fond du Lac Senior Center
151 E. 1st Street | Fond du Lac, WI 54935



WISCONSIN
PARKINSON
ASSOCIATION

Providing hope, community, support, and resources
for people with Parkinson's and their loved ones.

wiparkinson.org | (414) 312-6990



Feel better!

Be in control!

**Do the things
you want to do!**

Sponsored by:

**Fond du Lac County
Senior Services**

**On Wednesday's from
July 1 – Aug. 5, 2020
(6 consecutive Wednesday's)**

1:00 – 3:30 PM

**Classroom Provided by
Moraine Park Tech. College,
Fond du Lac, WI**

**Must Register To Attend
Space is Limited / No Cost**

Put Life Back in Your Life

Are you an adult with an ongoing health condition?

In this *Living Well with Chronic Conditions* Workshop you will:

- Get the support you need.
- Find practical ways to deal with pain and fatigue.
- Discover better nutrition and exercise choices.
- Understand new treatment choices.
- Learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, the *Living Well* Workshop can help you take charge of your life.

Join us and see for yourself!

To Register Call:

**Fond du Lac County
Senior Services**

920-929-3114



***"The workshops put me
back in charge of my life,
and I feel great. I only wish
I had done this sooner."***



How the 2020 Census will invite everyone to respond

Nearly every household will receive an invitation to participate in the 2020 Census either in the mail or from a census taker.

95% of households

will receive their census invitation in the mail.

Almost 5% of households →

will receive their census invitation when a census taker drops it off. In these areas, the majority of households may not receive mail at their home's physical location (like households that use PO boxes or areas recently affected by natural disasters).



Less than 1% of households

will be counted in person by a census taker, instead of being invited to respond on their own. We do this in very remote areas like parts of northern Maine, remote Alaska, and in select American Indian areas that ask to be counted in person.

Note: We have special procedures to count people who don't live in households, such as students living in dorms, people living in nursing homes, or people experiencing homelessness.

2020CENSUS.GOV

D-FS-GP-EN-135

**Shape
your future
START HERE >**

**United States*
Census
2020**

What to expect in the mail

When it's time to respond, most households will receive an invitation in the mail. Every household will have the option of responding online, by phone, or by mail.

Depending on how likely your area is to respond online, you'll receive either an invitation encouraging you to respond online or an invitation along with a paper questionnaire.

Letter invitation

- Most areas of the country are likely to respond online, so most households will receive a letter asking them to go online to complete the census questionnaire.
- We are working with the U.S. Postal Service to stagger the delivery of these invitations over several days. This way we can spread out the number of users responding online, and we'll be able to serve you better if you need help over the phone.

Letter invitation and paper questionnaire

- Areas that are less likely to respond online will receive a paper questionnaire along with their package. The package will also include information about how to respond online or by phone.

We understand that you might miss our initial letter in the mail.

- Every household that hasn't responded will receive reminders and will eventually receive a paper questionnaire.
- If you don't respond online, by phone, or by mail, we will follow up in person.

What we will send you in the mail:



March 12-20

An invitation to respond online to the 2020 Census.
(Some households will also receive paper questionnaires.)



March 16-24

A reminder letter.



March 26-April 3

A reminder postcard.



April 8-16

A reminder letter and paper questionnaire.



April 20-27

A final reminder postcard before we follow up in person.

For more information, visit:

2020CENSUS.GOV

D-FS-GP-EN-135

**Shape
your future
START HERE >**

**United States[®]
Census
2020**

Preparing for Your Future



FREE!

**Thursday
April 23, 2020
5:00 pm to 8:00 pm**

FREE!

Lomira High School

1030 4th Street, Lomira
(Park in High School Lots)

Enter at Door 25/Gymnasium

*Join us as we learn together how to best support
students with disabilities and their families
after high school!*

Topics will include:

Post-secondary Education, Employment, Independent Living Options, Recreation,
Physical & Mental Health Supports, Financial Guardianship, Power of Attorney & More

Who should attend?

For anyone who lives with, works with, or is interested in learning about
key resources that can support adolescents & adults with disabilities.



FREE FOOD!



FREE CHILDCARE!



DOOR PRIZES!



Healthy Living *with* Diabetes - 2020



What is Healthy Living with Diabetes?

This is a proven workshop...

- Designed for adults with type 2 diabetes or pre-diabetes and their caregivers
- Teaches skills to effectively manage diabetes or delay the onset of diabetes
- Can result in 25 percent improvement in your condition
- Can help minimize the adverse effects of diabetes

The workshop, facilitated by two trained leaders, meets for 2½ hours once a week for six weeks. While this workshop does not replace existing treatments, it complements a participant's medical treatment.

Topics Include:

- What is diabetes?
- Monitoring blood sugars
- Sharing/problem solving
- Preventing low blood sugar
- Setting short-term goals
- Managing difficult emotions
- Healthy eating: meal planning and reading nutrition labels
- Preventing or delaying complications
- Tips for exercising
- Working with and communicating more effectively with family, friends and medical providers.
- Stress & depression management

What's in it for me? People who have taken the workshop show:

- Better health and a sense of confidence in managing their diabetes
- Improvements in blood sugar levels and A1C
- Decrease in health distress and hypo- and hyperglycemia
- Fewer healthcare provider and emergency department visits and fewer hospitalizations



wiha
Wisconsin Institute
for Healthy Aging

Cost: Optional workbook purchase of \$20

Did you know?

- One of every 12 Americans is affected by diabetes.
- In Wisconsin, there are 475,000 adults with diabetes and 1.45 million adults with pre-diabetes.

Upcoming FREE Workshops

Tuesdays, March 31 to May 5
6 to 8:30 p.m.

Agnesian Health Shoppe
307 Camelot Dr., Fond du Lac

Tuesdays, April 14 to May 19
6 to 8:30 p.m.

Our Saviour's UCC
343 Scott Street, Ripon

For questions:
Call (920) 926-5755

To register:
Call (920) 926-4960

Or online at
agnesian.com/know-and-go-classes



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Public Health
Prevent. Promote. Protect.
Fond du Lac County
Health Department



The ADRC cannot endorse or recommend any organization, product or service.



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visiting us online at:
www.wihealthyaging.org
Click "Find a Program"

¿Hablas Español?
Keetah Smith:
(414) 225-4227

ADRC of Fond du Lac County (920) 929-3466 50 N. Portland St. Fond du Lac, WI

SAVE THE DATE

Please join the Fond du Lac County Guardianship Workgroup for our 2020 Guardianship Training!

**** This training is intended for individuals who already are a guardian ****

Topic: Adult protective services referral process, guardianship and accounting

Presenters: Fond du Lac County Adult Protective Services, Fond du Lac County Probate, and Volunteer Guardian Kay VandeZande

When: May 14th, 2020 from 9:30 am to 11:30 am

Where: Fond du Lac County ADRC, 50 North Portland Street Fond du Lac WI 54935

Cost: FREE

If you would like to be added to the mailing list for the registration either call or email Jackie at (920) 929-3436 or Jackie.gomez@fdlco.wi.gov



**Register for an upcoming
Stepping On
Falls Prevention class!**

Date: Thursdays May 14 – June 24

Time: 9:30 – 11:30

Location: Agnesian Health Shop

To Register: Mary Jo Neumann – 920-921-3330 ext. 336

ADRC of Fond du Lac County (920) 929-3466 50 N. Portland St. Fond du Lac, WI

The Senior Expo Council Inc

& *the Meadows*
of Fond du Lac

presents

free
admission

schedule of events

9:00 a.m. - 1:00 p.m.

50+ Exhibitor Booths

Lunch for Purchase

11:00 a.m. - 1:00 p.m.

Special Events
Throughout the Day

9:30 a.m. - Moving into Your 60s
and Beyond
with Lucy Mathers

10:00 a.m. - Learn to Paint
with Macy's Place
on the Road

11:00 a.m. - Cooking Demonstration
with Agnesian
HealthCare Chef

Noon - Bingo

For more information visit:

SeniorExpoCouncil.com

2020

SENIOR EXPO

DOOR
PRIZES

fond du lac
9:00 a.m. - 1:00 p.m.

hosted at

FDL County Fairgrounds Expo Center
520 Fond du Lac Ave. • Fond du Lac, WI 54935

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- Advanced Pain Management - Fond du Lac
- Aging and Disability Resource Center of Fond du Lac County



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Harbor Haven
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- Lamers Tour & Travel
- Lake View Place
- Lutheran Homes & Health Services
- McNamara & Thiel Insurance Agency



- Nolan Insurance Agency, LLC
- Wisconsin Senior Medicare Patrol
- Woodlands Senior Park

Senior Expo... informative. empowering. fun.



50 North Portland Street
Fond du Lac WI 54935

If your organization is interested in submitting an article to the newsletter, please contact Jaclyn Jaeckels at 920-929-7506, TTY: Use Relay (711), or email adrc@fdlco.wi.gov.

**If you would like to request to be on the mailing list
for our newsletter please call
(920) 929-3466, TTY: Use Relay, or email
adrc@fdlco.wi.gov.**

**Please watch for our Summer edition of
The Portland Resource in June!!**